

ABSTRACT OF THE DISCLOSURE

The present invention relates to a composition comprising *Notoginseng radix* extract for preventing and treating arthritis as an effective ingredient.

5        *Notoginseng radix* extract of the present invention inhibits release of tumor necrosis factor-alpha (TNF- $\alpha$ ) and is the death of activated T-cells only, so that it can be effectively used for the production of a medicine for preventing and treating  
10 arthritis and health food as well.